



LEGEND OF CROSS  
Mühlberg / 05.11.2017

## Detailed evaluation

Lonieczny, Lars

Club: Ilmenau  
Number: 1214

Course: 16.78 km  
EXPERT

Category:  
Männer (20-29 Jahre)

Total time: 1:40:53

Speed: 9.52 km/h  
Running performance: 6:01 min/km

Rank in course/Total: 9 (of 416)

Rank in course/Men: 9 (of 341)

Best time in course: 1:17:13

Rank in category: 5(of 81)

Best time in the category: 1:17:13

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Wachsenburg	7.40	43:01	5:48	5	10:42	12	10:44	7.40	43:01	5:48	5	10:42	12	10:44
Mühlburg	8.57	49:21	5:45	6	11:37	10	11:37	15.97	1:32:22	5:47	5	22:19	10	22:19
Sportplatz Mühlb	0.81	8:31	10:30	6	1:21	9	1:21	16.78	1:40:53	6:00	5	23:40	9	23:40